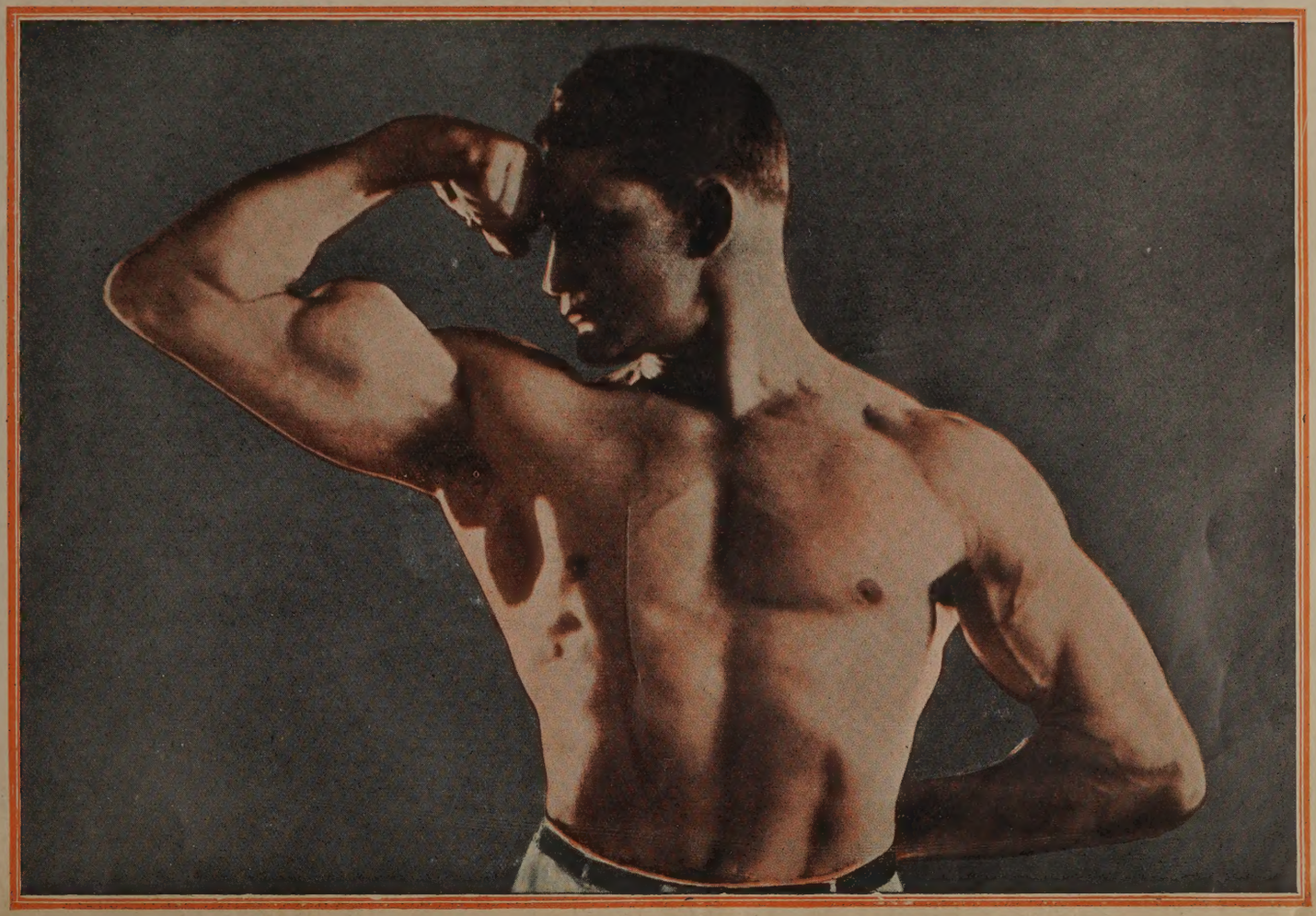


HOW TO BUILD MUSCLES

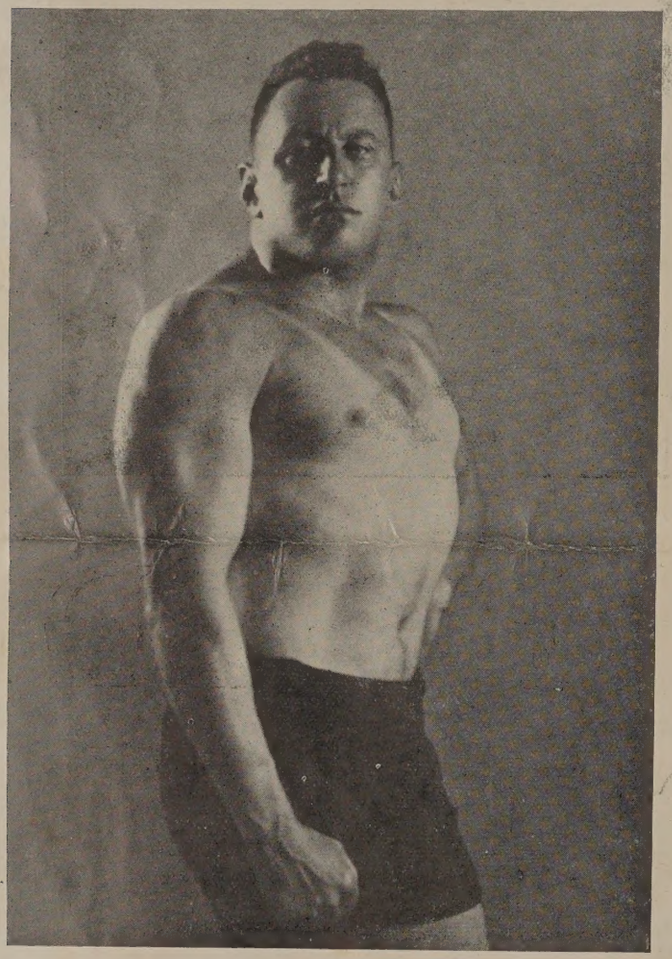
THE DYNAM INSTITUTE
GREYCOAT HOUSE
GREYCOAT PLACE
LONDON :: S.W.1

Take Stock of Yourself To-Night

BEFORE going to bed to-night, stand in front of your mirror for a few minutes and take a good look at your reflection. Are you proud of the man you see in the glass? What kind of a fellow is he? One whom men and women would admire, who could take care of himself in a fight —a man whom other men would think twice before insulting?

Face the facts squarely. No man is going to respect you and no woman in her heart is going to love and admire you if you are a physical weakling. You cannot expect men to treat you as an equal or a superior—or women to be attracted to you—if you are not a real man.

That body of yours needs getting into shape—you know it does. You cannot go on as you are; missing half the pleasure of life, robbing yourself of perfect health, suffering neglect instead of enjoying the admiration of others, merely existing instead of living life to the full. Why not start now to put matters right?



What the Dynam System can do for YOU in JUST 30 DAYS

WE want to begin work right away on the body that you are looking at. Let us build up a man who will be proud to walk out in a bathing suit. In the first 30 days of the Dynam System we guarantee to add real solid muscle—not flabby imitation stuff—to each of your arms and to your chest. We guarantee to strengthen your shoulders and broaden them too, and make your wrists so strong that you will positively be amazed at your own strength.

We want You for 90 Days

WHAT you will gain in 30 days is nothing to what you will attain at the end of 90 days with the Dynam System. The Dynam System builds muscle in a way that will absolutely astonish you. In 90 days you will scarcely know yourself. These are not mere empty words. We GUARANTEE to do these things. Read the Guarantee printed on the back cover of this book. The Dynam System is revolutionary—it is the most effective method of building muscle ever devised. That we are able to make such a definite guarantee is proof positive that the claims we make are not merely idle promises.

Do Women Bother to Look at YOU?

BE honest with yourself. How many women ever give you a second look? How can you expect the admiration of women while your body remains an object of dissatisfaction, if not ridicule? Women look for strength and a well-proportioned, athletic body in a man just as keenly as you look for attractive proportions in a woman. Why deceive yourself? Women want the companionship of *manly* men—men who can show broad shoulders, hard muscles, a slim waist, arching chest, straight back and the upright columnar neck of the athlete. Have you any of these things? Then why remain mystified when women prefer other men to you?

Your present condition is inexcusable. It can be corrected more quickly than you believe possible. In three months with the Dynam System you will be a changed man. This is not an empty promise—WE GUARANTEE RESULTS. When we have finished working on all the muscles of your body you will scarcely know yourself. Men will treat you with new respect, and you will see a new interest in women's eyes.

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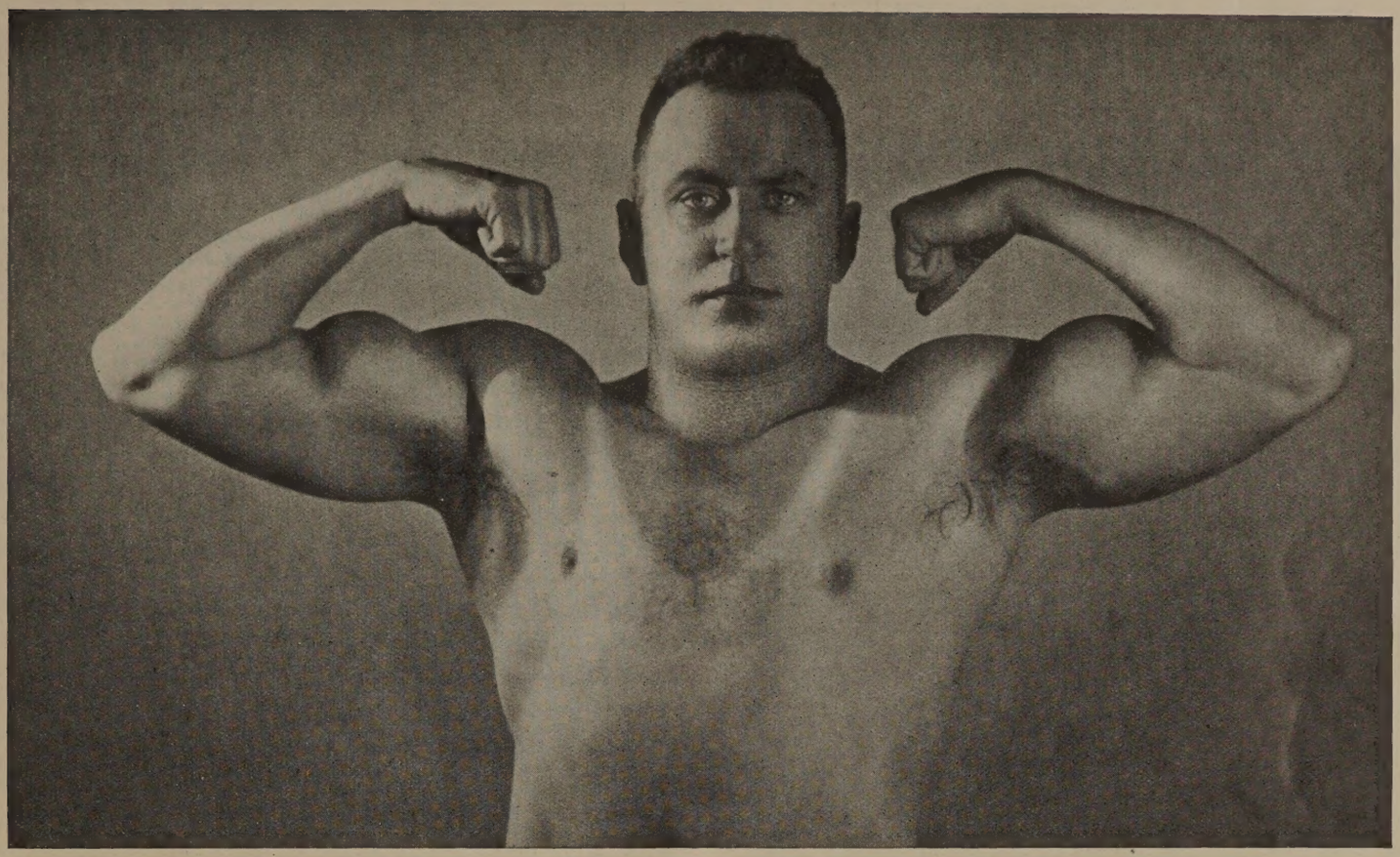


MUSCULAR POWER

Is there any man living who has not envied the power of a strong man? Every man craves strength to be able to show his physical superiority over others.

Nothing appeals to the imagination so forcibly as physical strength. Through the centuries since the dawn of time strength has been regarded as the most prized of all possessions. The desire to be strong is a natural instinct and the admiration of strength in others is just as natural. The world admires a man's strength in a way that it admires no other quality.

Deep down in every man's heart lies a craving for physical strength—physical power—physical perfection.

What is there about strength that grips the imagination of both men and women? It is the fact that physical strength is the manifestation of character, virility and manly power. No other quality arouses the admiration to the same degree as does muscular strength and it does so because it appeals to something elemental in the human race.

FEATS OF STRENGTH

Since the earliest records of history feats of strength have aroused intense interest. A feat of strength never fails to attract a crowd. It is the one performance everyone can admire. The strength of a strong man has always been and will always be admired and envied.

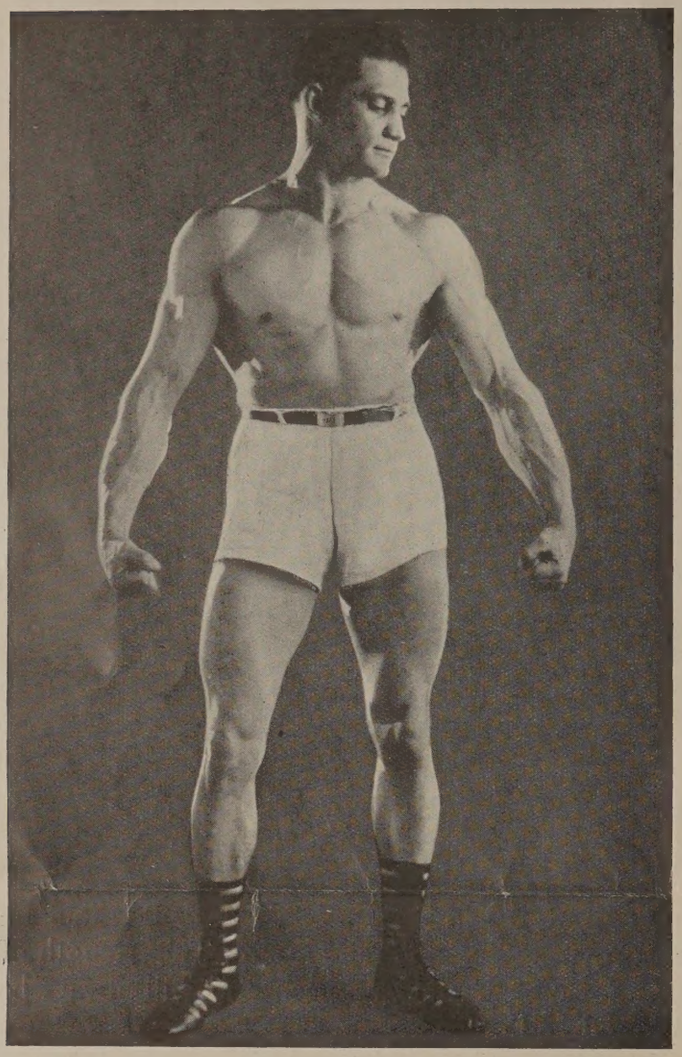
Nothing in the whole world is as magnificent as a perfectly developed man. Latent force is expressed in his steel-like muscles. The flexible sinews indicate grace and quickness.

It is a mistake to think of a strong man as one who is heavy, ungainly, awkward or brute-like in his appearance. On the contrary, the perfectly developed man moves with lightness and grace. His muscles are not ugly; they give an appearance of symmetry to his whole body.

When such a man's muscles are brought into play in the performance of a feat of strength which is beyond the capacity of ordinary people, what a wonderful spectacle he presents! How the muscles simply ripple over his magnificent limbs and body!

The mistake that people invariably make is in assuming that strength is a gift bestowed on a few and withheld from many. Such a view is entirely wrong. Strength is always acquired only by the individual's own efforts. If you are not strong it is only because you have neglected to give your muscles the exercise without which they can never develop.

The Muscles—and How They are Developed



STRENGTH is acquired—IT IS NOT A "GIFT"

It is a great mistake to assume that strong men were always strong—that they were "born that way" or received their strength as a natural gift. Nothing could be farther from the truth. Many of the strongest men were once puny and weak. Nobody is born with strong muscle—it can be acquired only by exercise.

The strong man is made—NOT BORN. This fact cannot receive too much emphasis. There are very many instances where men who later became veritable "mountains of muscle" began life under severe physical handicaps.

The records of strong men disclose amazing instances of weakness transformed by determination into unusual strength.

There is no question that muscular power can be enjoyed by any man who is willing to make a determined effort to acquire it. *Muscles develop through use.* The conditions of civilised life remove very largely the necessity for using our muscles in our daily lives. Even in outdoor occupations and sports we use only certain muscles. Intensive development of muscles can be acquired only by a system that has been designed specially for the purpose of building all the muscles of the body on a carefully arranged and scientific plan.

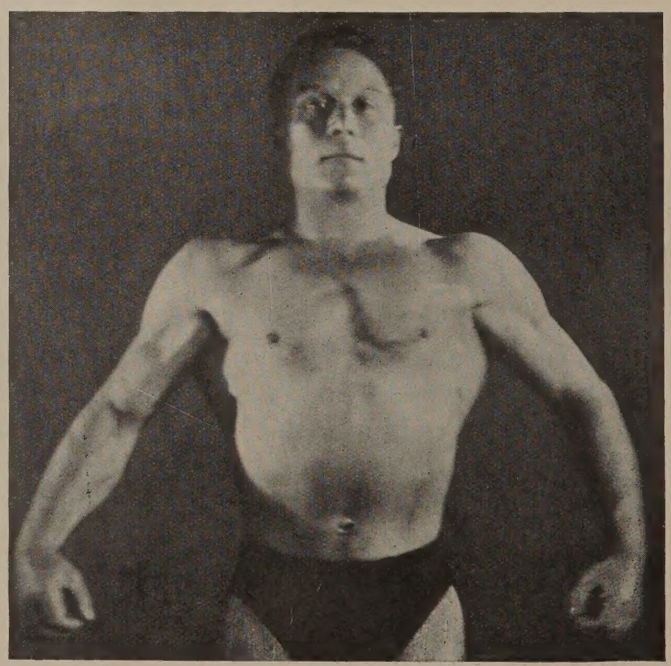
There are some hundreds of muscles in the body. Some of them are very small and others are very large in comparison. The full development of the muscular system is the chief aim of the Dynam System.

The Dynam System is really scientific muscular development of *all* the muscles of the body. Unscientific exercises often produce the over-development of some muscles and the under-development of others. This leads to the condition known as "muscle-bound." The muscle-bound man is a slow, sluggish man, and he is even worse off in many respects than the person whose muscles are all under-developed.

Physical strength resides wholly in the muscles, of course, and it is these we must train in order to acquire it. Muscular exercise must be taken in carefully graduated order. It often happens that instead of submitting themselves to pleasant and gradual training some persons unwisely make a too vigorous beginning, which may do more harm than good.

The progression of the exercises under the Dynam System is logical and simple; and there is nothing to make undue demands even upon those who are far from robust. The effect is really magical right from the start. The only apparatus used with the Dynam System is a pair of simple grips. These are supplied without extra charge to each pupil. These are not heavy dumb-bells. The grips provide the necessary scientifically adjusted resistance without which any form of exercise is useless. Muscular development under the Dynam System takes place with astonishing rapidity.

All the muscles of the body are awakened to new life by the Dynam System, which produces a *general* and *complete* muscular development.



YOU CAN BE STRONG

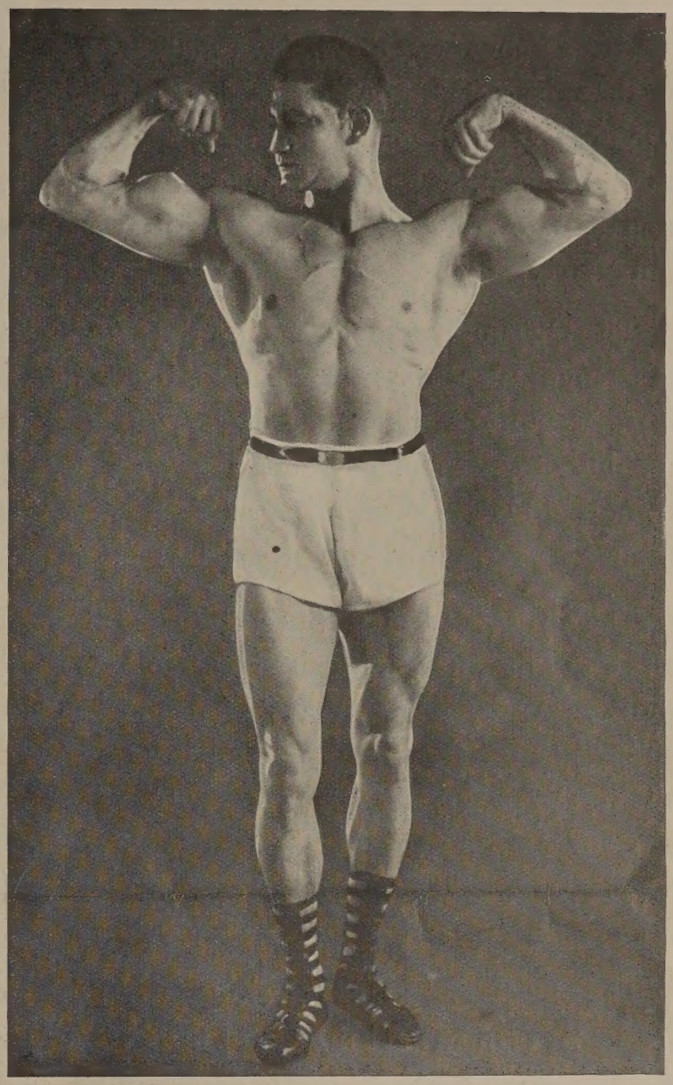
We do not care how small, how slight or even frail you may be now, the Dynam System can and will give you muscles all over your body that will stand out like whipcord. It will make a new man of you. You will not gain just ordinary strength, but an athlete's strength.

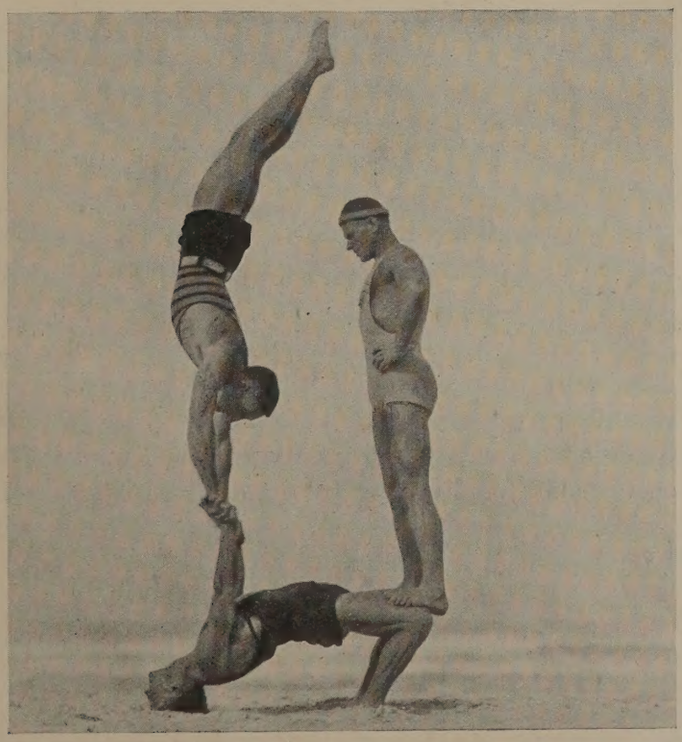
If you are strong already the Dynam System will vastly enhance your strength. Your weight will increase, but it will not be the weight of fat, but of solid steel-like muscle and sinew that will give you the power to do things you never believed possible before. Your body will become hard and muscular all over.

The development of your shoulder- and chest-muscles will broaden your shoulders and increase the breadth and thickness of your chest. The addition of even an inch to each shoulder will make a marked difference to your personal appearance. To realise this, just stand in front of a mirror with your coat on and put your hand on your shoulder under your coat. Observe how your shoulder squares up immediately. That is the effect that well-developed muscles will give you.

All over your body the same change will take place. Your legs will grow harder and thicker, your arms will grow to a powerful size and your back will be covered with muscles that will give you endurance and power.

The Dynam System produces muscles in a fraction of the time, and with far less effort than that required by ordinary physical culture exercises. The System is astonishing both in its results and in its simplicity.





ABOUNDING HEALTH

Your body is a beautifully contrived machine.

What kind of care do you give it? How many people give it less care and less attention than they bestow upon an ordinary watch!

The body will function perfectly and will be full of radiant health and energy with very little attention. Do you give it even that?

It is your own fault if you do not possess buoyant health. You can have health and physical power so easily that it is a matter for wonder that you and everyone else are not physically perfect.

We all know that those who take proper care of their bodies are lamentably few. The majority of people simply neglect them entirely and then envy others who are strong and well.

Not only will a little care of your body give you mighty muscles and an iron constitution, but you will enjoy as a direct consequence such mental fitness and alertness that your capacity for all kind of work will be immeasurably increased.

THE DYNAM SYSTEM

It is a known fact that better results are obtained in the privacy of an ordinary room than in a fully equipped gymnasium. There are many reasons for this but chief among them is the fact that concentration on the exercise being performed is of the utmost importance.

The Dynam System is based on the natural laws of strength. It has been practised for over a quarter of a century with extraordinary results. The rapidity of development is amazing. Such development could not be obtained in such a short time by means of just ordinary exercises.

The Dynam System is entirely different from any other system of physical culture exercises. Many of the exercises require no visible movement whatsoever and can be practised in a train, a bus, or anywhere else in complete secrecy. The Dynam System will give you superb development. There is no reason at all why you should not be the strongest man in your neighbourhood.

The Greeks and Romans were some of the finest specimens of manhood the world has seen. Theirs was the perfect beauty of bodily development. They did not train themselves to acquire huge muscles in any one part of the body, but aimed at all-round perfection. This aim is precisely that of the Dynam System.

Immediate physical and mental development is not only possible but *certain* with the Dynam System. All the muscles of the body are called into play. The instantaneous effect on the general health, vitality and efficiency is most marked.

Constipation, the arch-enemy of efficiency, vanishes like magic when the problem is properly tackled by the Dynam System.

Indigestion, biliousness, insomnia, liver disorders, constipation, headaches and all the petty ills—such as colds, influenza, etc.—that detract so much from personal efficiency are corrected automatically.

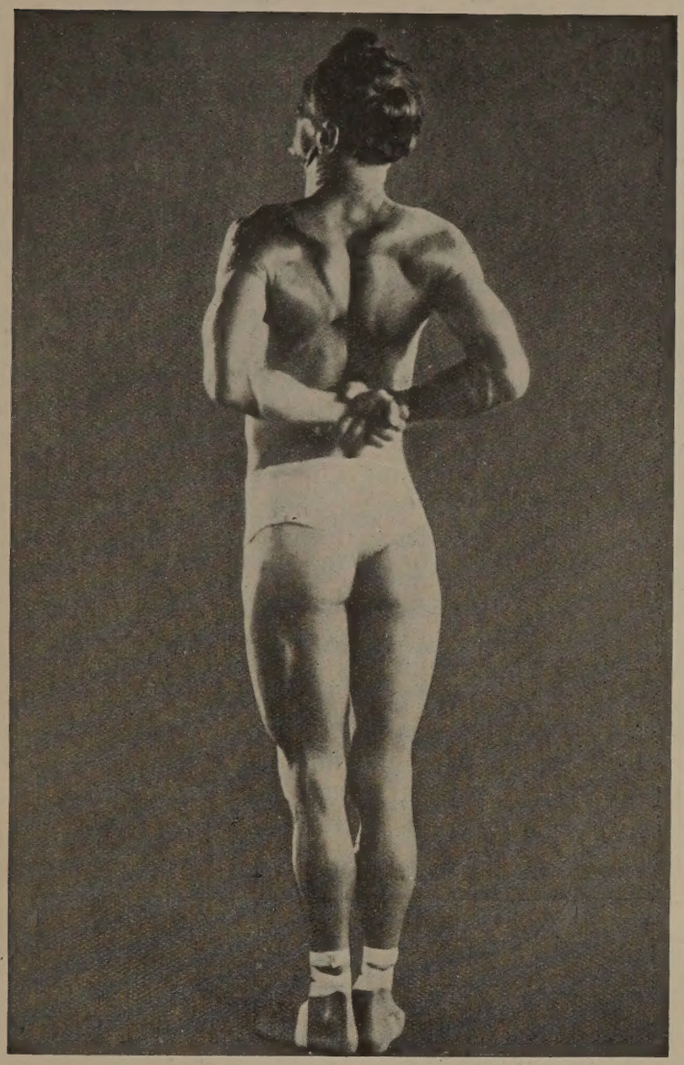
YOUR THIN FIGURE CAN BE RAPIDLY DEVELOPED

If you weigh less than you should for a man of your height you must realise that you are not in perfect health. There is something wrong.

Any man who is underweight should immediately take steps to put himself right. Weight will come naturally to you if you are physically fit. Don't let your condition of underweight continue. You are using up energy and your body is not responding. The Dynam System will rapidly build up your thin body, not with fat, but with firm flesh and muscle.

The Dynam System shows you the right way to live—nature's own way. It builds up your body so that you overcome weakness. It corrects ailments by natural means. It is not difficult to be well and experience continued health if you will only give nature a chance to replenish the energy you use up so thoughtlessly.

Regular Exercise Builds Muscle Quickly



BODY BUILDING NO LONGER A DRUDGERY

The Dynam Way to muscular power and bodily vigour is not an uninteresting series of ordinary physical culture exercises that become a nuisance. Nearly everybody has attempted some form of daily exercises, but their performance is usually so monotonous and wearisome that after a very little while they are omitted on the slightest pretext, and then little by little abandoned altogether. We all know that kind of exercise. One reason why such exercises are not continued regularly is that they are unattractive and utterly monotonous. The other reason is that the performer sees no visible improvement in his muscles, or not enough to induce him to persevere.

The Dynam System is something quite different from anything you have previously attempted. It is a system of rhythmic movements combined with mental concentration. Some of the exercises require no noticeable movement whatsoever; they can be done anywhere, even in public places, without anyone knowing. The Dynam Exercises will reach dormant muscles and awaken to new life every part of your body.

IT is a fundamental law that strength is given only to those who use it. Strength can be retained only by continued use. The moment you cease to use a muscle it begins to weaken, or to atrophy, as the doctors say.

You must exercise your muscles or lose your strength. Again, the only way to gain strength is to use your muscles. Exercise is the only way to build muscle. When men lived under natural, primitive conditions thousands of years ago they used all their muscles in their daily lives, just as animals do in their natural state. Civilisation has compelled us to lead lives that are not natural. It is not natural for a man who has been provided with arms and legs to sit all day in an office or stand all day in a shop or factory. Consider for a moment what exercise the upper part of your body receives during the day. The answer is very little indeed—or none at all. Your legs get more exercise, but not the right kind. Walking on pavements is not the natural exercise for our legs, but running, jumping and climbing hills and steep rocks would be.

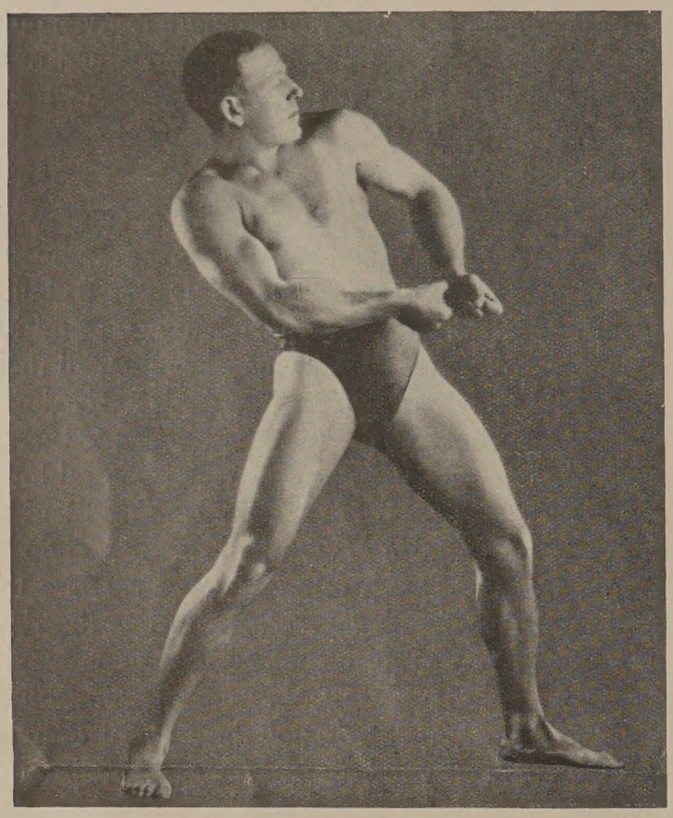
Civilised life is all very well, but it makes it almost impossible to obtain the amount of all-round daily exercise necessary to build up our muscles and keep our internal organs in a healthy, vigorous state.

Even if your work is of an active kind, your *whole body* does not get proper exercise. The reason your strength does not increase is that only certain muscles are being used regularly. No occupation, however strenuous, brings *all* the muscles into play.

You may answer that you take strenuous exercise at week-ends. That accomplishes very little. Exercise must be performed daily and *every muscle must be used every day*. If you analyse the exercise you give yourself occasionally, you will find that you actually use only a few of your muscles. The greater proportion are not called into action at all.

Some way must be found to provide the necessary natural exercise that your muscles do not get. The Dynam System provides the means of giving the body—every muscle of it—just this right kind of exercise. It gives you as much *real* exercise in five minutes as ordinary physical culture movements would in an hour.

The Dynam System Strengthens All the Muscles of Your Body



THERE are muscles inside your body as well as outside. There are muscles throughout the entire system. When speaking of muscles people think only of the big muscles in the arms, chest, legs and back. These are important, but not nearly so important to your health and vitality as all those inner muscles.

All these little internal muscles need strengthening and toning up. What chance have you of feeling perfectly fit and enjoying the thrill of real health and manhood, if you forget all about these little internal muscles—if you never do anything to keep them functioning as they were intended to do by nature?

Muscles will remain strong or become stronger only if they are used and exercised. Only those who *use* muscles can retain strength. Look, for instance, at the average man, engaged in some sedentary occupation who has taken no care of either his external or his internal muscles. What a spectacle of unhealthy flabbiness he presents. No wonder he suffers from a number of little complaints, such as faulty digestion and constipation; no wonder his eyes are dull and his skin muddy. Contrast his appearance with that of the trained athlete, no matter of what age—what a difference there is!

INDIGESTION

INDIGESTION is a very common complaint, and most of the methods employed in treating it are wrong. There are several varieties of indigestion, but the one usually met with is mental in its origin.

Worry and nervous strain are the chief causes of this type of indigestion. It is difficult to avoid either worry or nervous strain entirely, but it is important to note that they affect chiefly the unfit, while the man who is in a good physical condition can and does throw them off.

The action of the special rhythmic exercises of the Dynam System is twofold. In the first place the muscles are toned up and developed—not merely the outer muscles but those inner muscles as well. At the same time correct heart action is induced, so that every organ—including the stomach—receives its full share of invigorating blood. The secondary effect of the exercises is purely mental, but is hardly less important than the first.

The mind is at once stimulated and soothed. Worry and strain are banished—they fade away completely.

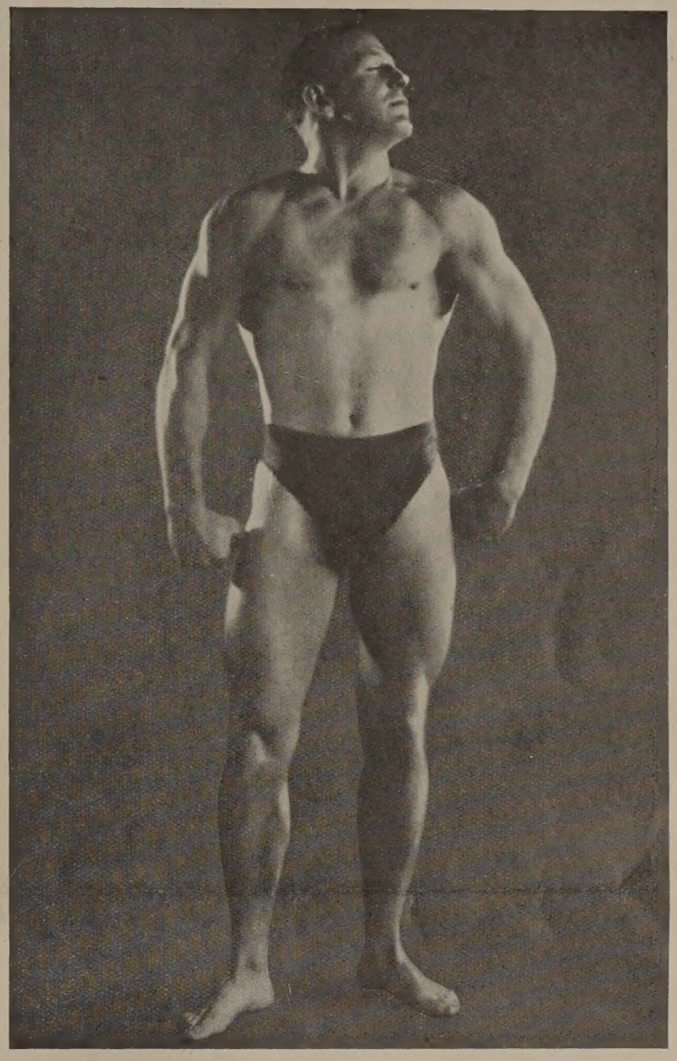
As soon as you begin to practise the Dynam Exercises you so improve your mental outlook that anything like nervous indigestion becomes impossible. Remember, it is not usually the dyspeptic's food that is at fault, but his mind. Is your mind functioning healthily? Can you throw off worry and strain, or do they "sink in"? If you cannot banish at will both these enemies and their handiwork—indigestion—you are drifting into a dangerous physical and mental condition. It is imperative that you should at once commence correcting the evil. Nothing will do it so quickly or so effectively as the Dynam System.

The Most Rapid System in Existence

Your chest measurement can be increased to a remarkable extent. Many can add 2 to 4 inches to their chest measurement in two months by following the Dynam System. At the same time legs and arms will develop in proportion. No other system can produce such extraordinary results.

Inwardly, the results are no less amazing than outwardly. Simultaneously with the development of your chest, shoulders, arms and legs, the Dynam System works directly on your heart, lungs and vital organs. You become rejuvenated throughout your entire body. When we are through with you, you will be a perfect specimen of manhood from head to foot.

Remember particularly the unusual feature of the Dynam System—that it can be practised anywhere in private. It can be practised even in public places without anyone knowing you are performing any kind of exercise. You can practise on your way to and from work—anywhere, thus turning to profitable use every moment of your spare time. Even such ordinary actions as going upstairs can be turned into valuable exercises instead of being a source of fatigue. The System makes no inroads on your time. It does not require hours of tedious exercises daily. It is ideal for modern conditions of life. It produces the maximum results with absolute certainty in a minimum space of time. Ordinary, haphazard physical culture exercises are completely useless for rapid physical development. That is why so many who commence the usual exercises soon tire of them and give them up, without gaining any visible results. The Dynam System *does* produce results—you can see and feel them—and you continue with increasing enthusiasm as you proceed. Results—bodily and mental—are what you get in amazingly short time.



Natural Exercise the only Way to Health

The Dynam System is a *complete* system of self-culture—it is not merely a series of muscle-building exercises. A man may have huge muscular development and yet be no better off than his fellows. The Dynam System, in addition to giving you muscular power, gives you bodily perfection and all that goes with it—perfect health and mental efficiency. It is to those who seek *perfection of the whole organism* that the unique advantages of the Dynam System will appeal.

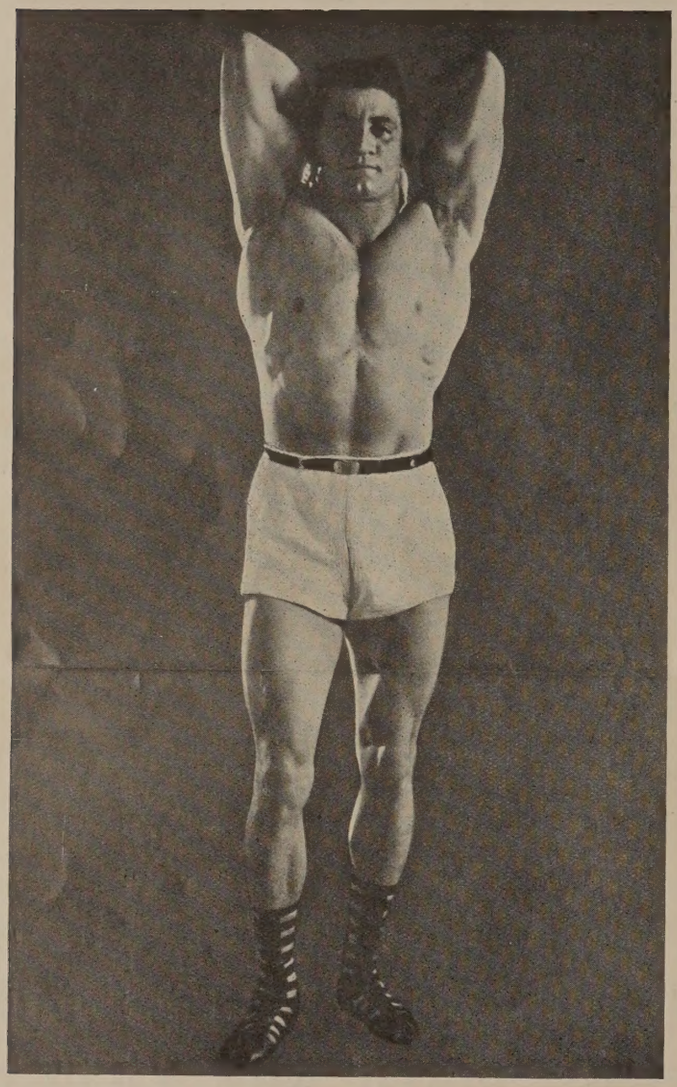
You get all the exercise you need from the Dynam System. There is no faddy dieting. You can continue to enjoy your food as before. The Dynam System builds up your body in Nature's own way—by the natural exercise of all the muscles, at the same time. All the muscles and organs are exercised simultaneously by the special rhythmic movements. No other method of body-development and health-building gives such quick and astonishing results.

A Long and Healthy Life is Possible Only with a Sound Body Stored with Vitality

Poor health shows itself by many unmistakable signs. If you are underweight or overweight, if you are constipated and suffer from indigestion, bad nerves, weakness, and mental or physical lethargy, you can depend upon it your health needs urgent attention. If you feel fatigued after little effort—if you feel disinclined for any kind of bodily activity—then you certainly need proper exercise immediately. When you reach the point where you get no pleasure from physical exercise you must, in you own interests, heed that warning and do something to stop yourself drifting into a worse condition.

The Dynam System does not involve *straining* exercise. It is a system of rhythmic movements that you will perform joyously. The movements are carefully graded. As you find your strength increasing you can make the exercises as strenuous as you like.

Here is What the Dynam Home System of Muscular Development Will Do For You



No Risk of Strain

THE first question usually asked is "Is there any danger?" We cannot state too emphatically that there is positively no danger whatever. Many who undertake muscular activity for the first time are inclined to think that they are taking a risk of injury or strain. Under the Dynam System there is no such risk, for instead of trying to accomplish the impossible by sheer strain, which is always dangerous, you will be taught to aid muscle-development by mental concentration. You will be strengthened and developed gradually. Later, if you wish, you may go in for professional athletics, weight-lifting, etc., having first laid a solid foundation for this very strenuous form of exercise.

You will gain powerfully developed shoulders, arms, and legs. Your back will be strengthened. The development of your shoulder muscles will unquestionably broaden your shoulders. Your chest measurement will be increased many inches. Your strength will be doubled and trebled.

You will immediately become mentally alert. One of the first effects of the Dynam System is to banish mental sluggishness. Your brain will become clear and active.

Your whole body will be toned up through the direct action of the special Dynam exercises on the internal organs. The System will give a big, robust physique to anyone who will follow the instructions.

You will develop untiring energy. Your personality will become more attractive, your brain will become keenly alive and your inner strength will become immeasurably increased.

You will overcome any tendency to the common ailments that afflict the majority of mankind, who take no proper exercises to compensate for the unnatural conditions of civilised life.

Any tendency to colds, chest complaints, insomnia, nervousness, etc., will be corrected. Your skin will become clear, your eyes will become stronger, and stomach disorders, constipation, indigestion, etc., will vanish almost at once. Constipation will certainly disappear in three days.

Your whole success in life and all your happiness depend upon the state of your health. The Dynam System will not only make you healthy and strong but it will place you far above the average in strength, energy and vigour—in all-round physical and mental efficiency.

Awaken Your Dormant Power

A great power is within us all; it lies dormant until it is awakened and developed. When you undertake your Course of training with the Dynam Institute, we go over your entire body, building it up inside and out. Not only do you acquire a great muscular body, but sound vital, correctly functioning internal organs as well. You accomplish many things immediately. You improve your health, endurance, vitality, blood circulation and brain-power. It makes no difference how weak you may be now—you will, with absolute certainty, be able to see yourself grow stronger and more robust every day from the day you start.

The most Important Thing in Life—YOUR HEALTH

Is there anything more precious than health? Of what value is money, power, position or popularity if you lack the one essential to enable you to enjoy them—health? Health is the soundest of all investments. Give a little time to the care of your health and you will be rewarded thousandfold.

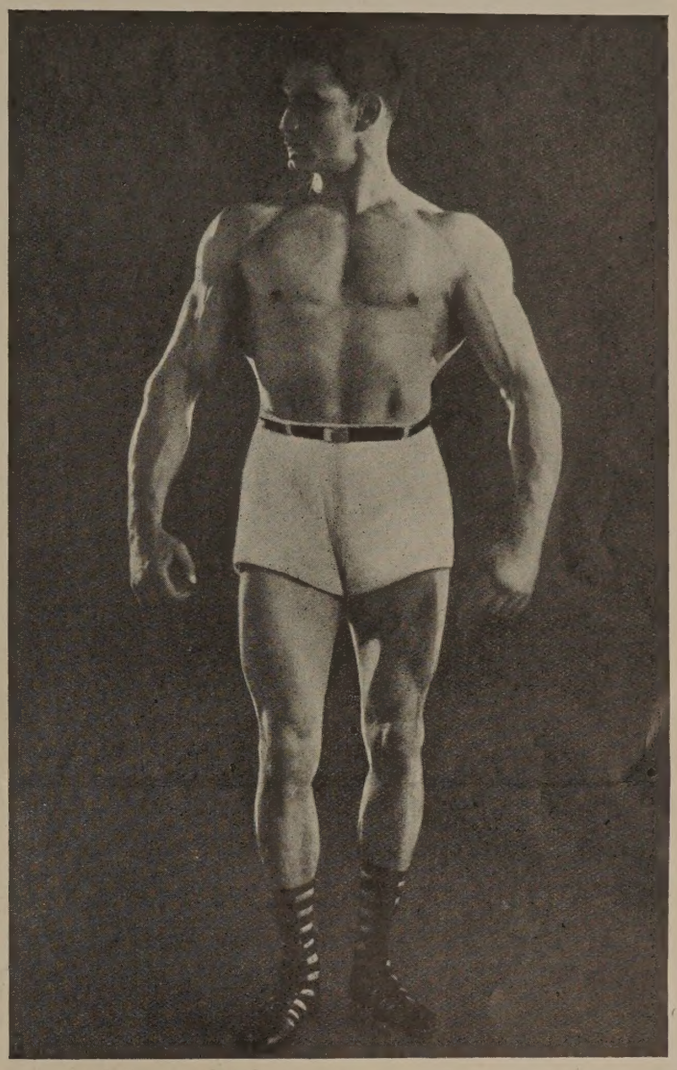
Health requires so little attention that there is no excuse for any man who neglects it. Nearly all bodily ailments are due to one's own neglect and carelessness.

Most people, judging by the attention they give it, seem to regard health as the least important of their considerations. What incredible folly it is to think that good health will remain with us always, regardless of the way we neglect our bodies.

Robust health can be attained at little cost, provided you do not leave it until it is too late. If you give no attention to the care of your body until sickness overtakes you what a price you then have to pay—in doctor's bills, medicines, perhaps hospital expenses, not to speak of lost income, physical suffering and mental misery.

Now is the time to commence building up your body to ward off attacks of sickness. The man with a sound healthy body will throw off the sickness to which others whose bodies have been neglected succumb. Germs are with us always—they are only waiting for the first sign of weakness to attack. As an instance, the person whose body is in a perfect state of physical health does not catch cold. It is only when the vitality and, consequently, resistance to disease are lowered that sickness has a chance to establish itself.

The Dynam System so builds up your body that sickness will not attack you. It will keep you in a perfect state of physical well being.



STRENGTH AND MUSCLE QUICKLY

We want an opportunity to prove to you what a wonderful change we can make in your body. We do not promise what we cannot fulfil. So certain are the results of the Dynam System that we positively guarantee them. Read the guarantee printed on the back cover of this book.

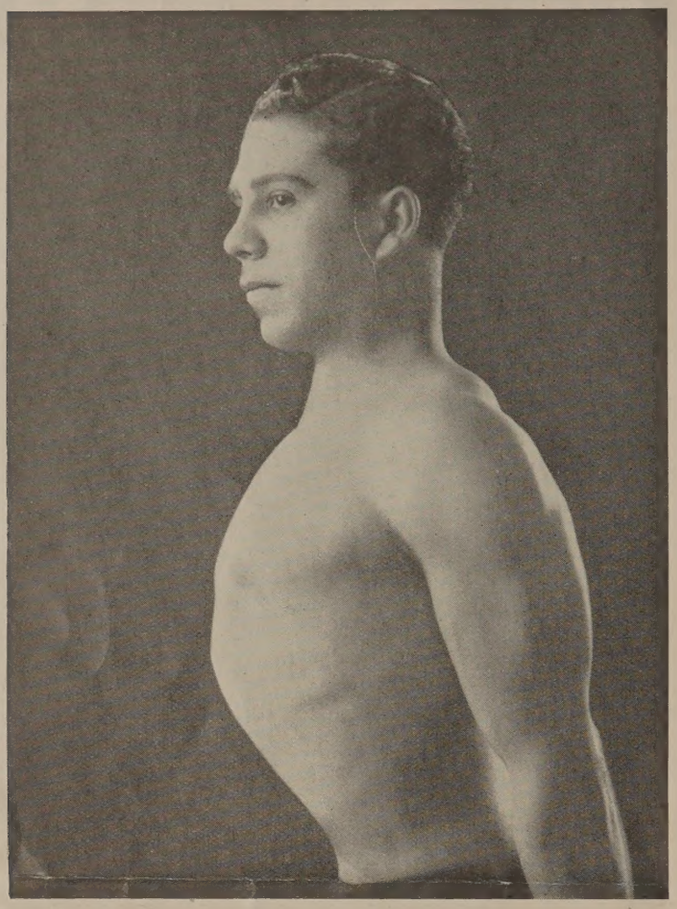
A man is not regarded by other men as a real man unless he can prove it. People instinctively look at the width of a man's shoulders, the depth of his chest, the upright column of his neck, the bulk of his arm and the strength of his grip. The more closely he conforms to this general conception of real manhood the more he is respected, the greater is his popularity among men and also among women.

You will not have long to wait for these results. A few weeks of the Dynam System will produce tangible proof of the efficacy of this unique method. You will begin to see the growth of the muscles on your own body. The development of your shoulder- and back-muscles will vastly improve the appearance of your shoulders and give you the flat, upright back of the athlete. Your chest will broaden and deepen, and the development of your arm and leg muscles will increase the bulk and shapeliness of your limbs.

Simultaneously your internal organs are being toned up and set functioning in a way that will give you a reservoir of dynamic energy.

The Dynam System is the result of many years' experience. It is an original system and has produced results that have astonished those who have undertaken it.

Revolutionary Features of the Dynam System



CONSTIPATION QUICKLY BANISHED

THIS disorder which afflicts eight out of every ten of those who lead sedentary lives is a very real bar to perfect health and efficiency. It is unnecessary to take purgatives to correct it. *With the Dynam System of rhythmic exercises THREE DAYS are enough to clear up this condition.*

The banishing of constipation is a slow and tedious undertaking in the ordinary way, and laxatives are really more dangerous than the condition they are taken to remedy.

With the Dynam System you take no medicine, and no big demands are made upon your time. A few minutes' daily practice is sufficient.

All the distressing disorders that accompany constipation—headaches, foul breath, the feeling of fullness, etc.—are serious obstacles in the way of all-round efficiency and health, but they vanish like magic when the main disorder has been relieved.

The evil effects of constipation are more widespread than is generally realised. It is known that many ailments have their origin in the intestinal tract. Frequent colds, headaches, bad skin, bad nerves and many other complaints are the direct result of a constipated condition. Once you rid your system of constipation you eliminate all these ailments and the physical and mental misery that accompanies them.

MANY muscular development systems have been offered to the public which claim to produce muscular strength without the use of any resistance. Any system is useless unless some sort of grip is used while exercising. If no form of resistance is used the exercises are merely light calisthenics, or what could be termed "milk and water" exercises. There are many ways of providing the required resistance, but most of them are faulty and leave much to be desired.

Pupils of the Dynam Institute are given special grips for use in performing the prescribed exercises. These are not heavy dumb-bells, but are light things that can be carried in the pocket. Apart from these small grips no apparatus whatever is employed. One of the most revolutionary features of the System is that many of the exercises require no apparent movement whatever. You can perform them sitting in a crowded train, a bus or wherever you happen to be. A system which provides such unusual facilities for practice gives you an immense amount of time for the development of your muscles. The time you now waste waiting for trains or buses, travelling on short or long journeys, and any other idle moments during the day, can be all employed in performing many of the Dynam exercises.

The System requires in addition about 15 or 20 minutes of your time daily for special exercises to be performed with the grips, and in these exercises considerable movement is necessary.

. Your strength will develop rapidly under this system. There is nothing that will produce anything like the same muscular development in even twice or three times the short period required under the Dynam System.

Do You Live Partly Drugged Through Lack of Oxygen?

THE person who does not know how to breathe lives his life in a partly drugged, doped condition. He is only half alive. His eyes are dull, his movements sluggish; his brain works slowly and uncertainly. He does not know the meaning of real health, vitality or joyful energy.

It is not difficult to understand why correct breathing has such an enormous effect upon your health and mental efficiency. The lungs—the organs with which we breathe—are a wonderful mechanism for purifying the blood by means of nature's most potent cleansing agent—oxygen. When we breathe as we should do our blood is made rich in oxygen, and, thus enriched, is carried to every part of the body. Oxygen acts as a tonic, stimulating both mind and muscle; and the more there is of it in our blood (up to a certain limit) the more healthy and vigorous we are.

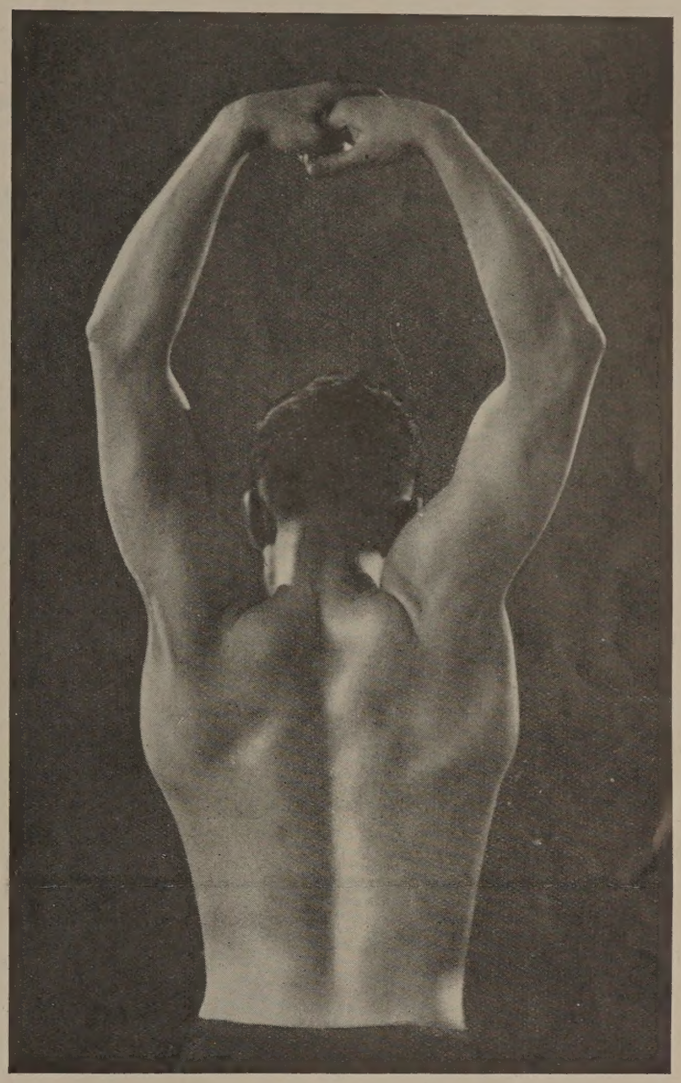
Correct breathing is of vital importance to the seeker after perfect muscular development, radiant health and an efficient brain; yet how many persons know anything at all about the proper way to breathe?

The shallow inhalations and exhalations that the majority of people call breathing are a laughable but tragic parody of the real thing.

It would be no exaggeration to say that if the Dynam System taught nothing else but the art of correct breathing it would still be worth more to you than the nominal fees that are charged. You may practise any sort of calisthenics or "physical jerks" you like; you may acquire huge muscular development; but unless your breathing is right your efforts will be simply a waste of time.

The wonderful subject of correct breathing receives particular attention in the Dynam System. You will be amazed at the difference that will be evident in your general efficiency and mental clarity as soon as you begin to practise real, vitalising, energy-giving breathing.

Here, again, your breathing exercises can be carried out anywhere you may happen to be—in train or omnibus; in office or workshop. Nobody but yourself will know what you are doing.



Perfect Blood Circulation is Vital to Health

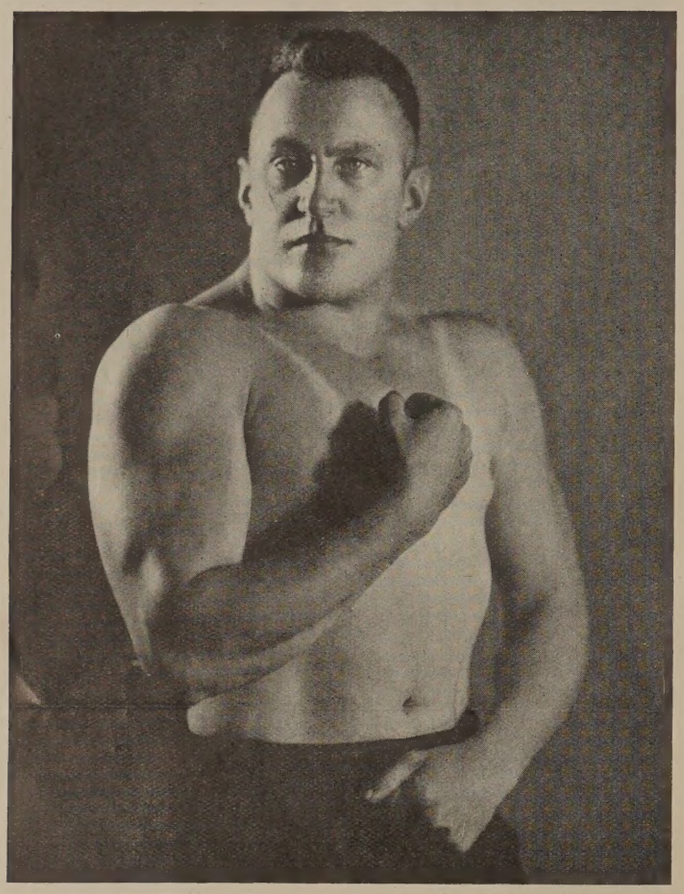
MOST people understand that the heart is a wonderful sort of pump, which forces the life-giving blood through the arteries to the furthermost extremities of the body. The blood finds its way back to the heart through the veins, and is then sent to the lungs for re-oxygenation. The assemblage of the heart and blood vessels is known as the circulatory system.

It happens too frequently that through insufficient exercise of the right kind the heart becomes flabby and inefficient. The result is that the whole organism droops and a vicious circle is set up. The general health deteriorates rapidly; the loss of energy and vitality is most marked and the brain works more and more sluggishly.

The Dynam System is of the utmost benefit to the body's circulatory mechanism. The flabby heart and blood vessels take on a new lease of life, and once more fulfil their true functions. The benefit both mental and physical will be noted almost immediately.

NERVES

The Dynam System Puts an End to Nerve Trouble



We live in times when life generally has been greatly speeded up in comparison with the more leisured existence of half a century ago. Nervous fatigue and nervous exhaustion become more prevalent as decade follows decade. The worse the sufferer's condition becomes, the more rapidly does he progress to a still more dangerous condition. The more his nervous system gets out of hand the less able is he to help himself; consequently he becomes an easy prey to worry and depression. Exercise, which is such a valuable antidote, is neglected or undertaken in a fitful, unsystematic fashion.

It is by providing a series of special rhythmic exercises that benefit not only the muscles but also the whole nervous system that the Dynam System comes as such a boon to those who stand in danger of becoming neurasthenic. There is nothing like these particular exercises for combating the effects of worry, anxiety, suspense or depression. Stronger and healthier nerves give you a complete control of yourself and of your thoughts and the mastery of others too. Calm, clear thinking, efficient work, and supremacy in games are possible only to the man whose nerves are in a perfectly healthy state.

Smoking and the Moderate Use of Alcohol need Not be Given up

A lot of nonsense is talked about the effects upon health and efficiency of habits such as smoking or taking alcoholic liquor.

That many persons drink or smoke more than they should do cannot be disputed. Too much tobacco, or too much alcohol is, of course, bound to detract from efficiency, but how is anyone to determine how much he may safely smoke or drink? One person may smoke an ounce of strong tobacco every day of his life without any obvious ill effects, while another would be wise to limit his consumption to the same quantity per week; and similarly with liquor.

There will be no need to worry about such matters if you practise the Dynam System conscientiously. The training is entirely individual, and undesirable habits, etc., are corrected automatically. You are not bound to become either a teetotaler or a non-smoker, but will be able to adjust your consumption of both alcohol and tobacco without trouble or mental strain and so perfectly that either habit will be absolutely harmless.

The Dynam System is not a "kill-joy" system, but, on the other hand, teaches you how to get the utmost pleasure and enjoyment out of life.

A Powerful Personality Can Be Yours

WHAT gives a man that power to control others, to stand out from the crowd? Certain men seem to have the power to be the masters of every situation, to dominate every gathering and to impose their will upon those amongst whom they move.

Superb health, a fine physique and a super-abundance of energy give a man an enormous advantage over his associates.

A strong personality is essential to success: it is the power that pushes a man up the ladder. The reason a man is successful in business, in society or in politics is because he possesses a powerful dynamic force that compels everyone to stop and listen to him and heed his words. You must be bubbling over with vitality and energy to create that magnetic atmosphere around yourself.

If you are not as successful as you should be, it is safe to say you lack the force and commanding personality that are bound to bring you financial reward.

Why is it that some people attract while others repel or make no impression whatever one way or another upon those they meet? Those who attract are vitally healthy—they have abundant energy stored away—they are really like human magnets.

Can you truthfully say that you are satisfied with your present condition? Why dream about your ambitions? The first step is to build up your physical and mental powers, until you simply radiate energy and vitality.

The force and power always enjoyed by the man whose body and brain are in a perfect, radiant state of health, are something worth working for.

The Dynam System will give you such health as you have never known before. You will gain energy, force and magnetic attraction with the awakening of your mental powers and the healthy development of your body.

You Can Exchange Your Weakness For Strength

THERE is no reason in the world why you should be satisfied to remain weak, why you should not have health, strength and muscular power as other men have them. The Dynam System provides you with a sure road to health and great strength. It is the surest and quickest path from weakness to manly strength and energy—to the superb health, mental vigour and strength that accompany a powerful, well developed muscular body.

The Dynam System does not require you to practise irksome self denial. It does not prevent your smoking or drinking alcoholic liquors in moderation. You are not required to waste your energy through hours of exhausting exercises. The Dynam System is a safe, sane, natural, rapid way to immense muscular development, buoyant health and manly vigour.

DON'T ENVY STRENGTH—GET IT YOURSELF

THERE is not much satisfaction in envying strength and physical perfection in others—when you can gain the same strength yourself. It can be done. The Dynam System of Muscle-Building will positively give you strength under an absolute guarantee. Please read it on the back cover of this booklet. You want to be strong and powerfully built—and you can be. Your present physical condition makes no difference whatever. It does not matter what kind of a weakling you are now, —how narrow shouldered or weak chested, or how ludicrous your puny arms and legs may be—you can positively gain all the strength you desire and with it a physical appearance that you will be proud to display in a bathing suit. It rests with you. You can have strength if you want it; but strength was never given to anyone who did not go after it.

A Time Saving System

MANY systems of purely physical culture make considerable demands upon the time of those who practise them.

The Dynam System is entirely different from any other method in this as in many other respects. Many of the exercises required can be carried out at any time of the day and wherever you may be. Nobody will be aware that you are practising these exercises, and you may therefore carry them out in public—in bus, tram, railway carriage, or in any other place where you have a few minutes on your hands. You can perform some of the exercises sitting perfectly still.

Think of the time this will save you! You may thus turn any spare moments to good account throughout the day. When you are walking you may practise certain breathing exercises; when you are going upstairs there are a number of useful movements you can perform for toning up certain muscles. The Dynam System is unique in the rapidity and certainty of results, due to the unusual exercises from which the pupil derives the maximum benefit in the minimum time.

Why the Dynam System Predominates

IT develops and benefits the entire muscular system—internally as well as externally.

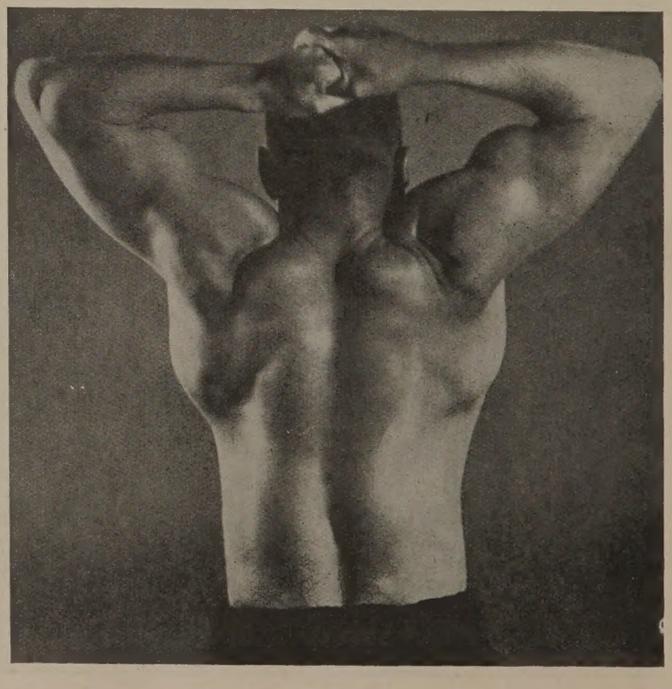
It rebuilds the whole body, overcoming any weak traits that may be there.

It regulates the organs of the body and allows the body to function properly.

It performs miracles with weak, worn-out men, whether victims of previous sickness, worry, overwork, physical or alcoholic excesses.

It is rapid and certain in producing results.

It is entirely different from ordinary physical culture exercises.



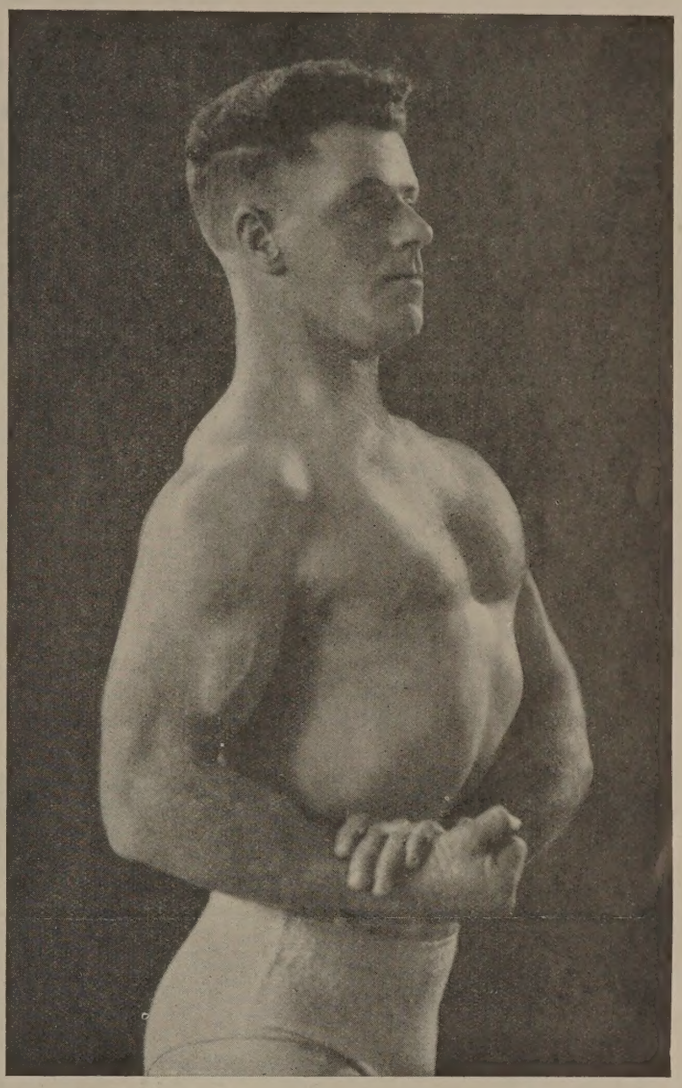
THE JOY OF BEING STRONG

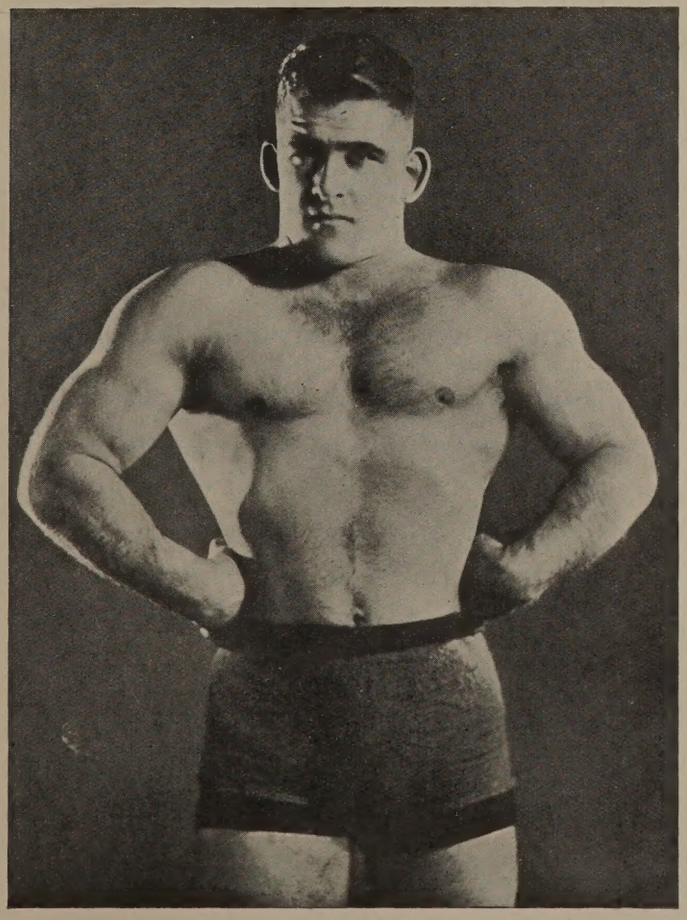
At last it is possible for you to know what it is to be really strong. It does not matter what methods you have tried before or whether you have never made any attempts to develop your muscles. The Dynam System offers you something entirely different from anything you have previously known. We know, if we can only get you to start with the Dynam System, that in three months you will be actually amazed at your strength, your health, your new energy and vitality. We do not promise these things—we GUARANTEE THEM, on the distinct understanding that if the Dynam System does not do what we claim for it, it will not cost you one penny. Only a system of outstanding efficacy could be backed by such a strong and definite guarantee.

How Do You Look in Your Mirror?

What does your mirror show you? Does it show weak, undeveloped shoulders, a narrow flat chest, flabby arms, thin legs and a sagging or protruding abdomen? If so, you are going to get the surprise of your life when you look in your mirror this time next month! The man you will then see will be so different that you will scarcely recognise him. You will see a man with muscles. In 90 days—three months from now—the change will be even more marked. Then you will see a man with powerfully developed shoulders, arms and chest, whose neck rises like an upright column. There will be the sparkle of real health in his eyes. Muscles will stand out on his arms and legs. You will scarcely be able to remember the man who used to face you in the mirror three months before—the man whose reflection you see to-day.

Yes, you are going to see a marvellous change in your appearance in the next three months—a change that will affect not only your appearance but your whole life—your health, your brain, your efficiency, your popularity, and your success commercially and socially. To acquire physical perfection is





the biggest thing in your life—it will be the turning point that may lift you from drab obscurity to prominence. Can you afford to neglect such an opportunity?

The Dynam System will Build You Up to Perfect Manhood

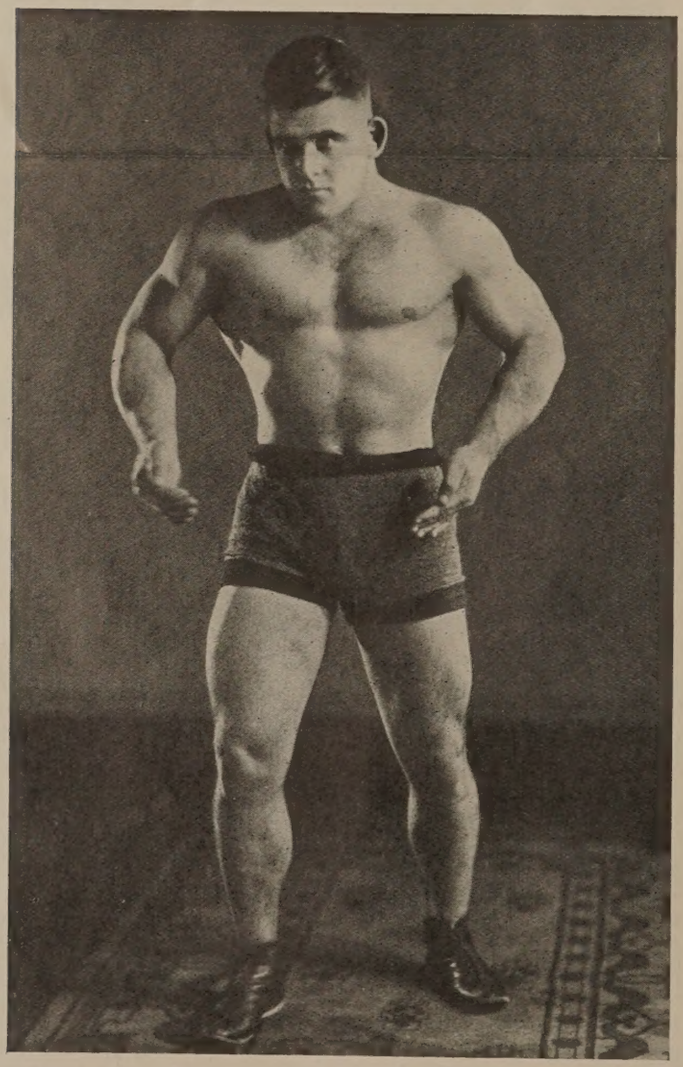
The Dynam System will renew your body—rebuild it inside and out, by movements and tensions that act directly on the various parts. You will overcome your weaknesses, you will develop abounding health and super-strength. You will get a perfectly functioning body and a clear brain. Your chest will increase several inches and your legs and arms will become covered with hard, powerful muscle. Nervous trouble, insomnia and all tendency to sickness will disappear. Your resistance to disease will be immeasurably strengthened. You will find that colds and other ailments will no longer afflict you. A body that is full of health and vitality gives a poor lodging-place to germs. Your powers of endurance will astonish you. You will be able to work longer and more effectively without fatigue. Your stronger, better controlled muscles and nerves will give you quicker and more active movements.

You will be able to play games far better than before. Supremacy in any games—football, cricket or tennis—depends upon strength, endurance and quickness. You know yourself how your accuracy fails the moment you begin to tire. Golf—a game that demands absolute accuracy—is entirely a matter of nerve- and muscle-control. In any sport, your skill depends wholly upon your physical and mental state.

Questions that

Below are given the answers to many questions that are frequently asked by intending pupils. Please read them through carefully. Probably the answer to some question you have in mind will be found here.

1. The Course is complete. There is nothing extra to buy. It covers the development of the entire body.
2. The Dynam System is entirely different from all other forms of physical development.
3. Your correspondence is treated in the strictest confidence.
4. You are recommended to exercise whenever you find it most convenient. It is, however, absolutely essential that you exercise regularly.



5. Even though your daily work may provide you with a certain amount of exercise, it cannot do you much good because it does not exercise all the muscles of your body. That is the reason why your physical condition shows no improvement. The continual exercise of only a certain set of muscles is entirely useless for physical development.
6. With the Dynam System no muscles will be overlooked or neglected. By the time you are through there will not be a weak spot in your body. You will have been completely overhauled INSIDE AND OUTSIDE.
7. If you are fat the Dynam System will remove that superfluous flesh in quick time. Instead of your body being weighed down with flabby fat, it will be covered with hard, solid muscle.
8. If you are too thin the Dynam System will quickly correct that condition. When all the organs of your body commence to function as they should, your weight will increase to normal. There will be no delay about that.
9. There is no danger whatever of strain.
10. If the Dynam System does not do all that is claimed for it, the fees you have paid will be refunded to you immediately, strictly in accordance with the Guarantee which you will find printed on the back cover of this booklet.
11. There are innumerable physical culture systems on the market. The Dynam System is entirely different from and superior to all of them. It has very little in common with ordinary physical exercises.

are Often Asked

12. If your manhood is weakened, you can recover your strength and health only by building up your body and allowing Nature to replenish your reserves of energy. The Dynam System works with Nature, and assists the normal, healthy action of all the organs of your body. You will come back to vigorous health automatically as you progress with the Dynam System.

13. There is no necessity for a medical examination before undertaking the Dynam System. It is only necessary to give the information requested on the enrolment form. The system is designed for each pupil's individual needs.

14. The time required to complete the course is three months.

15. Only 15 to 20 minutes' time will be required daily. Most of the exercises require no noticeable movement and can be performed anywhere at any hour of the day or night in public without attracting attention.

16. If you are undersized it does not follow that you cannot become strong. Size has nothing to do with strength. An instance of this can be found in the case of Japanese wrestlers who, although exceptionally powerful, are very small men.

17. If you are weak and puny the Dynam System will give you the health and the strength of a real man.

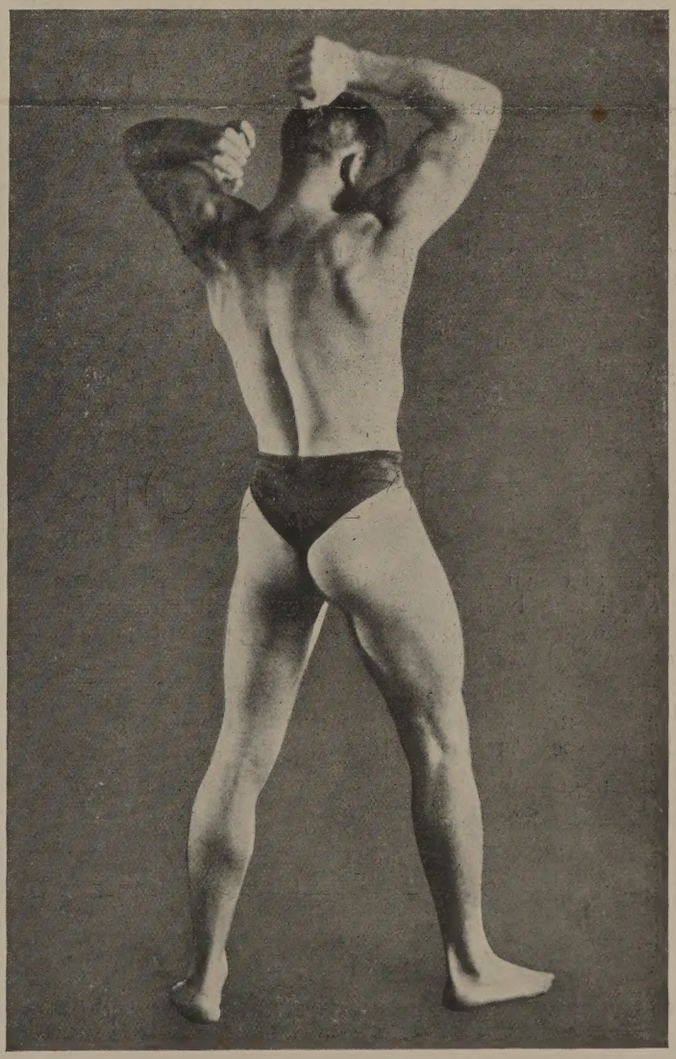
18. If you are unnaturally thin you can gain normal weight with certainty through the Dynam System.

19. If you suffer from nerves the Dynam System will provide you with the quickest and safest road back to nerve health that exists in the world to-day.

20. Constipation and other disorders are cleared away with almost magical rapidity through the Dynam System.

21. Anyone can follow the instructions which you will receive. You are shown what to do and how to do it by means of pictures and simply-worded directions. You cannot fail to do the exercises correctly.

22. If you are past middle age, remember it is even more necessary for you to see that your body continues to function correctly and that your muscles do not drift into a state of inactivity and flabbiness, than it is in the case of a young man. You can keep age at bay only by maintaining your body in a perfect state of physical well being.



GUARANTEE

IF after faithfully following the instructions given you in the Dynam System and completing the entire course and payments you do not receive definite benefits in HEALTH, STRENGTH and PHYSICAL DEVELOPMENT, and notify us to this effect within seven days after completing the course, we undertake to return to you every penny you have paid.

THE DYNAM INSTITUTE.

Don't Let Delay Rob You of Your Opportunity to Be Strong

You want a strong body. You want real, radiant health, nerves of steel and muscles of iron. You want a smoothly working, clear brain—mental and bodily efficiency. In this book we have endeavoured to show you how the Dynam System will give you all of these things—not after years of wearisome, strenuous work—but in three short months under an absolute guarantee.

Life is not going to be a joyous experience for you while your body remains weak and your physical appearance is unattractive. Most of the real pleasures of life you will never taste.

You cannot go through life as you are. You will miss all the happiness that the strong athletic man enjoys as his right. You want the kind of body that the Dynam System will build—

WHY NOT MAKE UP YOUR MIND NOW TO HAVE IT?

You gain nothing by delay. Every day you delay only means another twenty-four hours in your present pitiful condition. Why not cut your misery short and make a start now?

The Dynam System can do nothing for you unless you make up your mind now to put it to the test. We cannot build up big muscles all over you unless you give us the opportunity. We cannot give you a clear brain and buoyant health unless you allow us to start working on your body. Don't put it off any longer. You have been a weakling long enough; surely you are tired of your poor, weak body that evokes no respect and admiration, but only amused contempt or silent neglect. You can alter all this. The remedy is in your own hands. It is for you to act.

ENROL TO-DAY

TAKE the first step towards strong muscular development and perfect health by filling in the Enrolment form now. When we start on your body we will not stop until you are absolutely satisfied with the results.

Every muscle of your entire body is going to feel the immediate effects of the Dynam System—every organ is going to respond to the special treatment that will be given to it.

You have to gain everything that makes life worth living—and NOTHING TO LOSE—by commencing with the Dynam System NOW.

That you will be more than amazed at the marvellous change in yourself is a foregone conclusion. You owe it to yourself to take advantage of this unique offer by becoming a Dynam pupil without any further delay.

Post your enrolment form to-day and your training will begin immediately.

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